

META MEDITATION

Before you begin take a few minutes to ground and to feel into your heart.
Notice, not judge, what your heart chakra area feels like in this moment.
5 verses, 4 lines each.

May I be healthy
May I be peaceful
May I be free from suffering
May I be happy.

2nd verse – bring someone into your consciousness whom you love, whom the majority of feeling towards this person is positive love.

May (name) be healthy
May (name) be peaceful
May (name) be free from suffering
May (name) be happy.

Notice what your heart chakra area feels like after the 2nd verse.

3rd verse – bring someone into your consciousness whom you have neutral feelings towards –not overly negative or positive. i.e. your barista, the person you pass every day on the street. If you don't know their name just use a visual of them in your consciousness.

May (name) be healthy
May (name) be peaceful
May (name) be free from suffering
May (name) be happy.

Notice what your heart chakra area feels like after the 3rd verse.

4th verse – bring someone into your consciousness whom you have quite negative feelings towards, someone you currently have or in the past had problems with.

May (name) be healthy
May (name) be peaceful
May (name) be free from suffering
May (name) be happy.

Notice what your heart chakra area feels like after the 4th verse.

5th verse – come back to yourself.
May I be healthy
May I be peaceful
May I be free from suffering
May I be happy.

Notice what your heart chakra area feels like after the 5th verse.

I encourage you to do this meditation daily.